

# FITNESS

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## Physical Fitness Facts

### 1. Benefits of Regular Physical Fitness

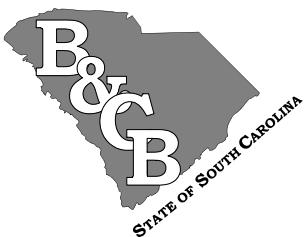
- Helps build and maintain healthy bones and muscles
- Helps control weight, build lean muscle and reduce fat
- Reduces feelings of depression and anxiety and promotes psychological well-being

### 2. Long Term Consequences of Physical Inactivity

- Physical inactivity and poor diet together account for at least 300,000 deaths in the United States each year. Only tobacco use contributes to more preventable deaths.
- Physical inactivity increases the risk of dying prematurely, dying of heart disease and developing diabetes, colon cancer and high blood pressure.

### 3. Overweight and Obesity

- The percentage of children and adolescents who are overweight has more than doubled in the past 30 years; most of this increase has occurred since the late 1970's.
- Of young people aged 6-17 years, about 5.3 million or 12.5 percent are seriously overweight.
- Obese children and adolescents are more likely to become obese adults.



**STATE HEALTH PLAN PREVENTION PARTNERS**  
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